

# Discussion on Ataraxia: freedom from anxiety....What is it?...How can we attain it in a world mad with chaos and conflict?

Post by "Martin" of December 4, 2023 at 4:59 AM

Quote

I take it that kind of "calm" is what's being described by [Martin](#) ...

No.

Quote

My understanding is that ataraxia has to be worked on, arises from study and reflection, ...

Agreed.

Quote

..., but once you have rooted out those beliefs that cause anxieties, fear, dread and turbulence in the mind, they don't grow back.

This is the case while we are fully conscious with properly functioning mind. However, while we are asleep and therefore our ability to use logic is turned off, they can temporarily come back. In earlier years, I made the following observations: Sometimes while in deep sleep, I experienced extreme fear which took a minute or more to disappear when suddenly waking up from deep sleep, without that I could even tell what caused the fear because deep sleep appears to be dreamless. By contrast, when suddenly waking up from a bad dream, the fear experienced during the dream went away almost instantly.

The way Epicurus states that the wise man does not become unwise allows for a temporary lack of wisdom: "..., he who has once become wise never more assumes the opposite habit, ...".

Being wise includes logic. When awake but extremely tired, our ability to use logic is turned off. In that state, I sometimes acted unwisely by e.g. overwriting or deleting a file which I wanted to keep or save, turning off the computer the wrong way, closing a book without moving the bookmark to the new position, misplacing objects.